

KEISER STRENGTH

# A300 LEG CURL PRO

Model 1232

LOWER BODY MACHINES



## THE ULTIMATE HAMSTRING WORKOUT

Completely redesigned for speed. Sounds silly, since all Keiser machines can be used at speed, but as our users get faster training on our machines, so too, do our machines. Training hamstrings at the speed of the game trains the brain to better control the firing of the hamstring, thus helping to prevent hamstring injuries. We also improved the ergonomics by narrowing the chest pad and placing the thumb buttons and display in more comfortable positions. The independent exercise arms allow you to train as you play, with independent action. You can even train like a bicycle [as one leg is going up, the other is coming down]. And don't forget about the ability to do heavy negatives, which has been shown to help prevent hamstring injuries.

## KEISER DYNAMIC VARIABLE RESISTANCE

Keiser's **Dynamic Variable Resistance** is designed to provide a smooth consistent Variable Resistance force curve at any training speed. Each machine has its own unique Variable Resistance curve designed and tuned perfectly for the muscles being used in that particular exercise. For users, this means that working out at any speed, you'll always be training at maximum efficiency.

▶ Visit [keiser.com](https://www.keiser.com) to learn more.

## FEATURES

- Industry's best leg curl machine for eccentric loading
- Offers unilateral or bilateral leg training
- Wide range of resistance for intense functional workouts
- Smooth Keiser **Dynamic Variable Resistance**
- Fully adjustable to accommodate a wide range of users
- Large digital display shows resistance and reps

## SPECIFICATIONS

**HEIGHT:** 26" / 661 mm

**WIDTH:** 24" / 610 mm

**DEPTH:** 72" / 1829 mm

**WEIGHT:** 113 lbs / 51 kg

**RESISTANCE RANGE:**  
5 - 245 lbs / 3 - 111 kg

**KEISER**® | BECAUSE...  
**'GOOD ENOUGH' ISN'T.**™

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